



PE DEPARTMENT
EXTRA CURRICULAR ACTIVITIES
WEEK COMMENCING: 4th Dec 2023



After School Activities
3:05pm - 4:20pm (unless otherwise stated)

MONDAY	<p>Trafford Handball – Selected students only – Sports Hall U16 Girls Hockey v Loreto @ Bowdon HC – return 5:15 – ARI U15 Sister n Sport Football v Wirral Grammar (A) – leave at 1:45pm! – MCE LUNCH – Dodgeball (invited students only) – Sports Hall – FDN</p>
TUESDAY	<p>Year 10 Mixed Hockey v Lymm (H)– Astro finish 4:45 – FDN 9/10 Girls GMCSFA Football vs Wright Robinson (H) – Field – 2:15pm KO – SCR Year 7A & B Netball v Lymm – (H) – Sports Hall – RKY Year 8/9 Basketball Lunchtime Practice – Sports Hall – AFS Year 8/9 Basketball v Sale High – (H) – GYM?? – SCR/AFS Year 7 & 8 Boys Rugby – Field / Astro – SBY Year 9 Boys Rugby – Field / Astro – PRS Year 7 Boys Basketball – Lunchtime Club – Gym – PRS</p>
WEDNESDAY	<p>Boys Trafford Swimming Gala @ St Ambrose – Leave at 12:20 – SCR Year 8 Dodgeball – Gym/Sports Hall – Mr Bailey/FDN LUNCH- Girls Volleyball – Sports Hall – FDN All Years X Country– Field – MCE Year 9 Football Practice – NMN Year 7 Boys Rugby – Trafford Festival @ TMV – SHN Year 10 Boys Rugby v Lymm High School – 2pm KO – PRS</p>
THURSDAY	<p>LUNCH - Year 11 Sports Studies catch up – Room 55 Year 7 Girls Football Training – Astro – MTN Year 10/11 Basketball v Sale High (A) – NMN Year 10/11 Basketball Lunchtime Practice – Sports Hall – NMN Year 7-10 Girls Rugby – Field / Astro – SBY</p>
FRIDAY	<p>LUNCH - Year 11 Sports Studies Catch up – room 55 Year 8/9 Sale Harriers Indoor Athletics Comp @ Sportcity 11:30-4:00 – RKY Year 7/8/9 Boys Hockey – Astro – FDN Hockey GK Training Session – Astro – ADY Year 10 Boys Rugby v The Grange – 2.30pm KO – PRS</p>